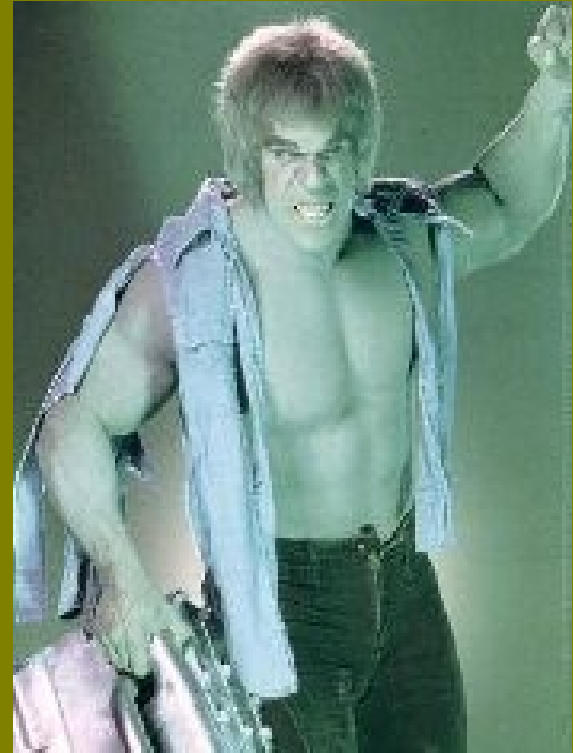


Got Anger?



Mark A. D. Long, Ed.D.
Health Promotion program
Navy Environmental Health Center



Where are you today with your anger?



Anger is

A powerful feeling

Negative thoughts

Physiological response



**How you cope with
angry feelings,
angry thoughts and
your behavior
is the key!**



Who taught you about anger?

- **Parents**
- **Family**
- **Friends**
- **Culture**

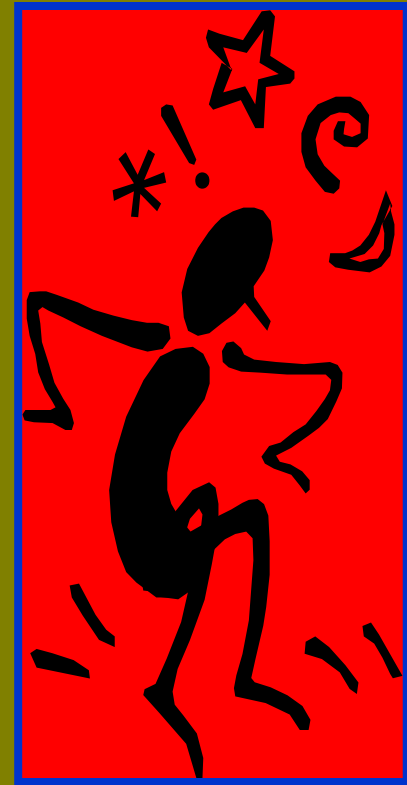


Often we have learned the wrong ways to deal with our anger!



Anger Mistakes

- **Blowing up**
- **Sulking & pouting**
- **Fighting**
- **Holding it in**
- **Letting it all out**
- **Seeking revenge**



Mistakes

- **Recall others' blunders in managing their anger**
- **Remember the mistakes you have made in dealing with your anger!**

You can learn from past errors!



Anger

**Consider how much more often
you suffer from your anger and
grief than from those very
things which you are angry and
grieved . . .**



My Anger Mistakes List

1.

2.

3.

4.

5.

6.



Anger Triggers & Red Flags

- **People**
- **Situations**
- **Thoughts**
- **Feelings**



What are yours?



Plan

- **Anticipate your potential red flags!**
- **Practice coping with your anger triggers *before* they occur!**
- **Use your anger control skills**
- **Learn from your mistakes!**



Anger Wisdom

**“If you are patient in one
moment of anger, you will
escape a hundred days of
sorrow”**



What to do when Angry

Relax your body

Calm your mind

Take a time out



Anger Wisdom

**You can decide whether to have
a breakdown or a
breakthrough**

-Naomi Judd



Anger Control Strategies

- **Immediately calm down**
- **Take a break!**
- **Take time to think and reflect about your situation**
- **Consider possible options**



Anger Management Skills

- Engage in physical activity
- Think about something else
- Talk to a friend
- Let it go!

Remember to chill out and stay in control of your behavior!



Ask yourself

**What will be gained by doing
or saying that?**



Wisdom on Anger

**“Holding onto anger is like
grasping a hot coal with the intent
of throwing it at some else -
you are the one who gets burned”**

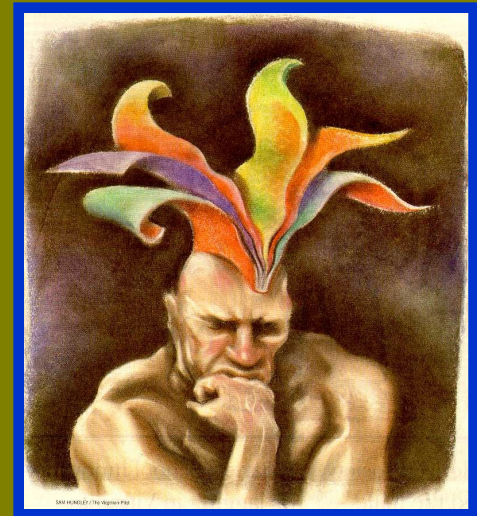
-Buddha



Change your Negative Thinking!

From Negative Interpretations

- Brooding
- Blaming
- Justifying
- Labeling
- Viewing self as wronged



To Positive Thinking

- **This is disappointing...**
- **It's not the end of the world**
- **This is unfair yet...**
- **I'd better not jump to conclusions**
- **Others make mistakes...**



Positive Self Talk

Helpful to have positive ways to cope and counter negative self talk

- **Relax and stay calm**
- **Losing my cool won't help**
- **I can deal with this!**
- **It's not worth getting mad**



Practice

- **Need to regularly practice anger control skills!**
- **You've had years of experience mismanaging anger...**
- **Now is the time to learn and develop new effective anger management strategies!**



Anger Wisdom

**“ Ingredients needed to change
a curse into a blessing-
humor, patience and faith”**

-Dr. Brian Luke

Seaward



Question

How will you deal with your anger?



Summary

Do something to de-stress

Think before you act and respond

Change your thinking

Practice your anger control skills

**Know that you can manage
your anger!**

